| **Lesson Guide** |
| --- |

| **Date:** | **Topic: Exercise** |
| --- | --- |

| **Lesson:**  |
| --- |

| Weight machines-Cardio |
| --- |

| **Materials:** |
| --- |

| Cardio MachinesExercise LogCleaning Supplies |
| --- |

| **Learning Objectives:** |
| --- |

| * Students will identify cardio machines
* Students will demonstrate safe usage of cardio machines
* Students will clean exercise machines when finished
* Students will record exercise in appropriate log
 |
| --- |

| **Structure/Activity:** |
| --- |

| 1. Introduce one cardio machine at a time (treadmill, bike, stepper, elliptical)
2. Students will choose a machine to use
3. Student will utilize the machine for a set amount of time
4. Student will clean machine
5. Student will record exercise in a log
 |
| --- |

| **Assessment:** |
| --- |

| Exercise Machines |
| --- |